DO SOMETHING KIND TODAY

Show gratitude for essential workers – Send a gift card for food to your fire and paramedic station, write thank-you notes to doctors and nurses, tip your delivery driver extra, post a sign for your postal worker and sanitation crew, or wear a mask if you do have to go out.

Post a message of hope – Display an encouraging message or inspiring doodle in your window.

Pay for a stranger's order – Pay for the next person's order at the coffee shop or drive-thru, leave a gift card or cash at the gas pump, tuck a grocery store gift card & a note in a shopping basket, or donate to pay utility bills for seniors or those struggling to make ends meet.

Support local animal shelters – Can't adopt or foster? There are plenty of other ways to support our furry friends. Shelters are often in need of old blankets and towels. Call your local shelter to see their needs.

Spread kindness – Shovel a driveway or run an errand for a senior citizen or single parent, surprise everyone on your block with a special message, or leave a care package of toys and books for a parent who needs a break.

Volunteer virtually – You can virtually volunteer right from your couch, ideas include: advocating for causes, transcribing or translating materials, helping organize campaigns, and <u>more</u>.

For more ways to serve our community, visit <u>justserve.org</u> or <u>givingtuesday.org</u>.

Idaho National Laboratory